



# Better Together

Invite a friend to join Weight Watchers!  
Both you and your friend will receive **1 MONTH FREE\***!



weightwatchers

\*One Month Free: To be eligible for a one month extension to your Monthly Pass, friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/2018, and continue for at least 2 weeks after purchase. If these criteria are met, you will receive an email indicating your eligibility. Your subscription must remain active for at least 2 weeks after you receive such email to allow for processing of your month extension. Processing of extension may take up to 45 days. The extension will be added at the end of your pre-paid period at the time of processing. Offer does not apply to any invited friends' current subscriptions and is only available to Canadian residents. You must have an active Weight Watchers Monthly Pass subscription to receive your extension. Extension is not transferable or redeemable for cash. This offer is available in participating areas only. Not available in At Work Meetings. Offer only valid for current/active Monthly Pass subscribers. To be eligible for a one month extension to your Monthly Pass, you must have a current Monthly Pass subscription that has been active for a minimum of 2 weeks, and friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/18 and continue for at least 2 weeks after purchase.

May 13-19, 2018



# Freestyle™

When the scale isn't going the way you want, here's how to turn around a small weight gain.

# RE-VERSE IT!



# turn it around!

Nobody likes to see the scale go up. If you're trying to reach a weight goal, seeing your weight creep up—we're talking a total of three to five pounds here—can seem like defeat, and if you've been maintaining your weight, it can feel like a backslide. When you suspect you've been gaining, your instinct might be to avoid stepping on the scale. But that's exactly the time it's most helpful! Because if you catch your small gain now, you can turn it around with an action plan.

Weight Watchers member Stephen recently experienced a small weight gain. "I was

a little in shock," he admits. "I really thought I would maintain or have a small loss." He thought he'd been tracking foods with SmartPoints® values accurately and was being careful not to overdo the zero Points® foods.

But rather than get derailed by his small weight gain, Stephen took it in stride: "I know that it's common for me to go up and down on the scale," he says. Then he took steps to reverse it—for Stephen, a gain of five pounds alerts him to kick into action. Whatever your "action weight," remember that all of us will have a run

**NAME**  
Stephen

**JOINED**  
2005

**FAVOURITE  
WW TOOLS**  
My digital food scale. Since I don't have to portion some foods now, I make sure to accurately portion and calculate SmartPoints for the others.

**MOTTO**  
"The pounds you don't gain are just as important as the pounds you lose."



of small weight gains now and again. Sometimes it's a surprise, sometimes it isn't. But what matters more than the number on the scale is how you respond to it.

First, determine your "action weight" (see box below)—the number at which you'll kick your "turn it around" plan into gear. When it does happen, treat yourself with understanding, as Stephen did: Remind yourself that small weight gains are normal, and don't beat yourself up about it—self-compassion can help you respond more productively. This isn't a failure, it's a situation that you can change.

Going back to basics is generally the key to reversing a weight gain. It turns out that Stephen wasn't tracking as accurately as he'd thought ("That cookie was only 3 SmartPoints, right?"), which resulted in him seeing the scale go up. Once he recognized what he was doing, he took action with what he calls his "data"—and returned to accurately tracking food with SmartPoints values and his activity. That helped Stephen move past his weight gain and focus on the future.

**Choose your "action weight," then turn the page to create your own plan to turn around a small weight gain.**



**tip from a receptionist**  
**"When a member isn't having the scale success they're hoping for, I ask, 'What got in the way of what you wanted?' It helps the member to reflect—and to make a plan for the next week."**  
—DIANE,  
RECEPTIONIST

## FIND YOUR "ACTION WEIGHT"

Decide when you'll trigger a plan to reverse a small gain. For most people, that's three to five pounds above their current weight. This window is large enough to assume it's not due to fluid fluctuations and small enough that you can reverse the gain quickly. "Five pounds is my cue to be a little more mindful of my tracking and planning," says member Stephen. What's yours? (To create a plan for when you hit your action weight, turn the page.)



Had a small weight gain? How do you #TurnItAround? Share on Connect in the mobile app (for subscribers).

## what to do

# Set up your “scale-back” plan

The best way to handle a small gain? Plan for it now, before it even happens. Then when it does, you can kick into autocorrect without panicking.

## 1 Define your “action weight”:

Current weight \_\_\_\_\_ pounds

Action weight \_\_\_\_\_ pounds (3-5 pounds above current weight)

## 2 Set your “action weight” strategy:

**Track your meals for the next few days**, especially those you find particularly challenging—like, say, those lunches with work colleagues or date nights. You could even consider pre-tracking those meals. (Remember, you don’t have to track the zero Points® foods!)

**Shift your mindset.** How can you reframe your thinking to help you stay the course? Remember to treat yourself with compassion, and take a moment to reality-check any unhelpful thoughts. Remembering your “why” will also help you stay motivated.

## 3 Choose a support buddy.

This is the person you’ll contact for motivation and help if you can’t put your strategy into action within a week. This could be anyone—a meetings friend, a pal on Connect, or a friend or family member.

**FOLLOW UP** Use the steps above to write out a plan to call on when you have a small weight gain. Keep your plan handy for when you need it (snap a photo of it on your phone, or make a note in your *My Success Story Booklet*).

# think again

Move beyond unhelpful thinking styles that hinder your ability to take effective action when you have a small weight gain.

### UNHELPFUL THOUGHT

“I’ve gained five pounds. I’ll never get back on track.”



### HELPFUL THOUGHT

“Yes, I’ve gained five pounds and it’s OK. That happens from time to time—but it doesn’t mean I won’t get back on track. I’ll use my plan to turn it around.”

### UNHELPFUL THOUGHT

“I’ve lost weight every week. I don’t need a strategy for small weight gains.”



### HELPFUL THOUGHT

“I’ve lost so far, but everyone has a small gain now and then. I will, too. Having an action plan for a specific weight will help me get back on track when it happens.”



What unhelpful thought have you had recently about a weight gain? Write it. Now, reality-check that thought and write your helpful thought here.

### UNHELPFUL THOUGHT

.....

.....

.....

.....

.....

.....



### HELPFUL THOUGHT

.....

.....

.....

.....

.....

.....

1  
SmartPoints  
value



→ Mild leeks and fresh mint add just enough spring flavour to the sweet peas in this simple side.

**FAST + EASY** from weightwatchers.ca

## mashed peas with leeks

**1 SmartPoints value per serving** // PREP 15 min // COOK 20 min // SERVES 8

- 20 ml (4 tsp) olive oil
- 3 leeks, white part only, chopped and washed
- 310 ml (1 1/4 cups) fat-free chicken broth, or vegetable broth, warmed, divided
- 1 L (4 cups) frozen or fresh green peas
- 15 ml (1 Tbsp) fresh lemon juice
- 5 ml (1 tsp) table salt
- 30 ml (2 Tbsp) chopped fresh mint leaves

**IN** a large sauté pan, heat oil over medium heat; add leeks and sauté for 5 minutes. Add 125 ml (1/2 cup) broth; cook, stirring occasionally, until leeks are

very soft, 5 minutes. Add 60 ml (1/4 cup) more broth; reduce heat to low and deglaze pan by scraping up browned bits from bottom of pan. Stir leeks; remove pan from heat.

**PLACE** peas and 60 ml (1/4 cup) broth in a microwaveable bowl; microwave on HIGH until peas are tender, about 10 minutes. Remove and reserve 250 ml (1 cup) peas.

**COARSELY** mash remaining peas, adding up to remaining 60 ml (1/4 cup) broth if too dry; stir in lemon juice, salt, leeks, reserved whole peas, and mint.

**YIELDS** 175 ml (3/4 cup) per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Christopher Testani.

# thoughts on my meeting...

Great stuff I heard... helpful tips... what I'll work on!

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



### BE A PORTION PRO

Get SmartPoints for foods you're tracking with our WW Freestyle SmartPoints Kitchen Scale. Find over 400 foods in the database—or calculate SmartPoints based on a food's nutrition info. No smartphone or app required!

Available in participating meeting locations.

The WEIGHT WATCHERS Weight Loss System and these materials are proprietary to Weight Watchers International, Inc. and are licensed to Weight Watchers members solely for their personal use in losing and controlling their weight. Any other use is strictly prohibited. NOT FOR RESALE. U.S. patent pending.

WEIGHT WATCHERS, Points, and SmartPoints are the registered trademarks of Weight Watchers International, Inc.

WW Freestyle is the trademark of Weight Watchers International, Inc.

©2018 Weight Watchers International, Inc.

All rights reserved. Printed in U.S.A. While supplies last. 20180513C